

200 Yoga Teacher Training

Daily Schedule Sample

6:30 – 7:30 am	Sunburst Meditation
7:30 – 8:15	Breakfast
8:30 – 10:00	Asana practice
10:00 – 12:00 pm	Lecture
12:00 – 2:00	Lunch & free time
2:00 – 4:00	Asana breakdown
4:00 – 5:30	Asana practice
6:30 – 7:30	Dinner
7:30 – 8:30	Evening program on select nights

Note: In addition to the residential training, the students will be required to teach 20 yoga classes to expand upon their teaching technique & methodology.